# Talking Digital Skipping Rope ES7125

# Product Instructions

# General description

This talking skipping rope has a built in jump counter, timer and calorie counter. The voice announces calories burned, number of jumps, workout time and remaining time from your workout setting of up to 99 minutes.

It will speak automatically according to the preset intervals, or manually by pressing the Talk button. It has four display modes to show the number of jumps, calories, elapsed time and countdown timer. The rope length is adjustable and can be easily altered to suit the user’s height.

# Features

Adjustable rope length

Target settings. Set the timer from 1-99 minutes for your workout.

There are 4 display modes: the number of jumps, calories burned, the elapsed time and a countdown timer.

Voice announcement. Announces the calorie consumption, the number of jumps, the workout time and remaining time from your target setting.

Your talking skipping rope comes with the rope and handles separated and will need to be assembled before use. Please refer to the assembly steps below which tell you how to do this.

# Instructions

Button location -Your talking skipping rope has five buttons on one of the handles. Listed below is where these buttons are located and what they are called.

1) The MODE button. This button is located on the front of the handle with the display and is the button closest to the battery compartment.

2) The SET button can be found on the front of the handle just above the MODE button.

3) The UP/AUTO and DOWN/CLEAR buttons are positioned on the side of the handle next to each other, the UP being at the front of the handle.

4) The TALK button is located on the other side of the handle to the UP and DOWN buttons.

5) The RESET button is located on the back of the unit and will require a pin or paperclip to operate.

## Assembly instructions

Each handle has a swivel joint on the end of it. This is the part where the rope attaches to the handles.

1) Hold one of the handles in one hand and push the rope through the swivel joint sideways. You will notice there are two holes next to each other and it does not matter which one of these you use first.

2) Double back the rope and push it through the hole in the swivel joint next to the one you pushed the rope through first.

3) Pull the rope tight so that it will not slip out of the joint. Now do the same with the other handle.

4) Your skipping rope is now ready for use.

Note:

This is where you adjust the rope to the right length for the person who is using it by setting the desired length through the swivel joints.

## Installing the batteries

This talking skipping rope uses 2 x AAA Alkaline batteries for power, please follow the steps below for battery installation. The battery compartment can be located on the end of the handle with the display and buttons on it.

1) Open the battery compartment by turning the cap at the end of the handle anti-clockwise.

2) Remove the compartment cap and install the 2 new batteries with the pip on the tip of each battery facing out.

3) Replace the cap by turning it clockwise until it snaps into place. The skipping rope will bleep twice if this has been done correctly.

**Note** If the sound weakens, distorts or the display dims then the batteries will need to be replaced.

## Using the skipping rope

Press and hold the DOWN/CLEAR button until you hear “reset and ready”. This will set all the functions to zero and the skipping rope is now ready for use.

## Setting your weight

In order to calculate your calorie consumption the skipping rope needs to know your weight, please follow the steps below to enter your weight.

1) Repeatedly press the MODE until you hear “Number of jumps” or “Calorie”.

2) Press and hold the SET button until you hear “Enter your weight”.

3) Repeatedly press or hold down the UP and DOWN buttons to set your weight between 50-300 LBs, this is equivalent to 25-150 KG. Please note: you can only enter your weight in LBs, NOT in KGs.

4) Press the set button once to confirm the settings and return to the normal display mode.

## Setting the countdown timer

You can set up a target workout time by following the steps below.

1) Repeatedly press the MODE button until you hear “Countdown timer”.

2) Press and hold the SET button until you hear “Set timer”.

3) Repeatedly press or hold down the UP and DOWN buttons to set your target workout time between 1-99 minutes.

4) Press the set button once to confirm the settings and return to the normal display mode.

Announcement of Calorie, Number of jumps, Workout time and Countdown timer

Pressing the TALK button will announce what is on the display at any time. To announce any of the other functions you must first press the MODE button until you hear it say your desired function, and then press the TALK button to hear that information spoken.

To hear the entire announcement, at any mode press and hold down the TALK button for over 2 seconds and the unit will speak all of the information.

## Resetting the Unit

Should your talking skipping rope show abnormal functions such as a frozen display, or broken display, or no response to any button being pressed, you must reset the unit by pressing the RESET button on the back of the handle.